



# QUIT NOW!



## Why should you quit?

There are many reasons why quitting smoking will benefit you and those around you. Smoking and second-hand smoke cause over 430,000 preventable deaths each year. Cigarette smoking and second-hand smoke cause shortness of breath, decreased energy, bone loss, lung cancer, poor circulation, etc. To protect the health of the employees, students, and visitors, Butler County Community College will become tobacco free on **July 1, 2009**.

## Resources to help you quit:

Gain the support of your family members and friends to help you quit. Also, your doctor can help you come up with a plan to quit. Set your target date, the date that you want to be tobacco free, and utilize any of the following resources to help you reach that target date successfully.

### Online Resources:

determinedtoquit.com or call 1-800-784-8869  
ffsonline.org (American Lung Association Freedom From Smoking Program)  
quitnet.com  
cancer.org (American Cancer Society)  
smokefree.gov  
cdc.gov/tobacco (the Center for Disease Control)

### Smokeless Tobacco Resources

kikit.net  
stopsmokeless.com  
quittobacco.com  
throughwithchew.com

## How do I maintain a tobacco-free life?

Join a smoking cessation support group or find a family member or friend and quit together. Ask your family for support. Take smoking cessation classes. For help, contact the Community Health Challenge at 724-283-9955 or visit [communityhealthchallenge.org](http://communityhealthchallenge.org). They provide educational resources, classes, counseling and more! **Don't give up!**

